



## in *Career Futures*

### Documenting Your Skills (alternative worksheet)

Basic "SCANS" Skills Used in *Career Futures*

<b>Reading Comprehension</b> - Understanding written sentences and paragraphs.
<b>Monitoring</b> - Knowing how well you are learning or doing something.
<b>Active Listening</b> - Listening to what other people are saying and asking appropriate questions.
<b>Learning Strategies</b> - Using different approaches to learn new things.
<b>Writing</b> - Communicating effectively with others in writing.
<b>Critical Thinking</b> - Using logic to identify the strengths and weaknesses of different approaches.
<b>Speaking</b> - Talking to others to effectively convey information.
<b>Science</b> - Using scientific methods to solve problems.
<b>Active Learning</b> - Working with new material or information to understand its applications and uses.
<b>Mathematics</b> - Using mathematics to solve problems.

Choose three or four of the basic skills from the list above, and write a statement for each that reflects ways you have demonstrated the skill. You can look at some examples on the "Rebus Story About SCANS Skills" poster, or in the "Climbing Skills Mountain" activity in the *Career Futures* program. Think about ways you have used your skills to be successful in school, sports, hobbies, etc.

<b><i>My Skills –</i></b>	<b>how I demonstrated this skill</b>	<b>my level of skill</b>
1.		<input type="checkbox"/> High
		<input type="checkbox"/> Medium
		<input type="checkbox"/> Low
2.		<input type="checkbox"/> High
		<input type="checkbox"/> Medium
		<input type="checkbox"/> Low
3.		<input type="checkbox"/> High
		<input type="checkbox"/> Medium
		<input type="checkbox"/> Low
4.		<input type="checkbox"/> High
		<input type="checkbox"/> Medium
		<input type="checkbox"/> Low

Keep this record of your skills handy to use in TLC CD Lesson 14! You will be learning about the kinds of skills needed to be successful in various occupations.